

Myths About Alcohol

Myth: Alcohol gives you energy.

Truth: Alcohol is a depressant. It slows down your ability to think, speak, and move.

Myth: Switching between beer, wine and liquor will make you more drunk than sticking to one type of alcohol.

Truth: Your blood-alcohol content (the percentage of alcohol in your blood) is what determines how drunk you are, not the flavors or types you drink. Alcohol is alcohol.

Myth: Everybody reacts the same to alcohol.

Truth: There are dozens of factors that affect reactions to alcohol – body weight, time of day, how you feel mentally, body chemistry, and your expectations – just to mention a few.

Myth: I can sober up quickly if I have to.

Truth: Only time – not cold showers, coffee, etc. – will remove alcohol from your system. It takes your body approximately one hour to eliminate the alcohol in one drink. Nothing speeds up this process.

Myth: It's just beer. It can't permanently damage you.

Truth: Even moderate alcohol use (1 drink per day for women, 2 drinks per day for men) can contribute to some health problems. Heavy drinking can actually increase your risk of heart failure, stroke and high blood pressure, as well as cause many other medical problems, such as liver failure. Research indicates that social problems, such as drinking and driving, violence, and trauma, increase along with alcohol use.

Myth: It's none of my business if a friend is drinking too much.

Truth: If you are a real friend, it IS your business. You can't make someone change but you can be honest. Maybe they'll listen. You might save someone's life by preventing them from drinking and driving or you might encourage them to seek help if they need it.

Myth: Drugs are a bigger problem than alcohol.

Truth: Alcohol is a drug, and it kills 6½ times the number of people killed by cocaine, heroin, and every other illegal drug combined. Ten million Americans are addicted to alcohol. Alcohol is the #1 drug problem of America's youth.

Myth: Drinking helps me to escape my problems.

Truth: Drinking won't make your problems go away. It can actually cause even more such as legal trouble, health problems, and other negative consequences.

Myth: My friends will tease me if I don't drink.

Truth: Everyone wants to be accepted, but if you have to do something dangerous to be accepted, are these people really your friends? You have the right to do what is in your best interest.

Myth: I'm only hurting myself.

Truth: Your drinking, especially if it is excessive, can affect others in your life. Everyone from friends, parents, siblings, spouses, and children can be negatively impacted.

Myth: I can drink and still be in control.

Truth: Alcohol impairs your judgment, which increases the likelihood that you will do something you'll later regret, such as having unprotected sex, being involved in date rape, drinking and driving, or being victimized by others.

For information on preventing and treating alcohol abuse, contact Utah Division of Substance Abuse and Mental Health at 801-538-3939 or dsamh.utah.gov

UTAH DEPARTMENT OF PUBLIC SAFETY HIGHWAY SAFETY OFFICE

3888 West 5400 South • Salt Lake City, Utah 84118

ph. (801) 957-8570 • Fax (801) 957-8588

www.highwaysafety.utah.gov

Utah Laws: Impaired Driving and Underage Drinking



State of Utah

Department Of Public Safety

Impaired Driving Driving Under the Influence (DUI)

It is against the law in Utah to:

- 1) Drive under the influence of alcohol, drugs or a combination of both.
- 2) Be in physical control of a vehicle with a blood alcohol concentration (BAC) of .08.
- 3) Drink any alcoholic beverage while operating a motor vehicle or as a passenger in a motor vehicle whether the vehicle is moving, stopped or parked.
- 4) Keep, carry, possess, transport or allow another person to transport, in the passenger compartment of a motor vehicle, any container that contains any alcoholic beverage if the container has been opened, the seal broken, or the contents partially consumed. (*Passenger Compartment means the area of the vehicle normally occupied by the operator and passengers and includes areas accessible to them while traveling, such as utility or glove compartment, but does not include a separate front or rear trunk compartment or other area of the vehicle not accessible to the operator or passengers inside the vehicle.*)

Additional Information:

Alcohol Restricted Driver

It is a violation of the "Alcohol Restricted Driver" law to operate a motor vehicle with any measurable or detectable amount of alcohol in the body when your driving privilege has been suspended or revoked for one of the following offenses:

- Driving under the influence of alcohol or drugs (DUI)
- Alcohol or drug related reckless driving
- Per-se arrest
- Refusal to submit to a chemical test (see also Interlock Restricted Driver)

Your Alcohol Restricted Driver status will become effective on the date of suspension or revocation for one of the above listed sanctions and will remain in effect for a period of 2 years, 5 years, 10 years, or life-time depending on the offense and/or number of occurrences.

Utah Code 41-6A-529

Interlock Restricted Driver

It is a violation of the Interlock Restricted Driver law to operate a motor vehicle without an Ignition Interlock Device installed if you have;

- Been convicted of a second or subsequent DUI or Alcohol Related Reckless Driving – an ignition interlock device will be required for three years.
- Had your driving privilege revoked for refusal to submit to a chemical test – an ignition interlock device will be required for three years.

Additional restrictions are as follows:

- FELONY DUI – an ignition interlock device will be required for six years.
- AUTOMOBILE HOMICIDE – an ignition interlock device will be required for 10 years.

The ignition interlock device will be installed and maintained at your expense. If you operate a vehicle as a restricted driver without an ignition interlock device installed, the vehicle may be impounded. A conviction for violating the Interlock Restricted Driver law will result in an additional three-year ignition interlock device restriction from the date of the conviction.

Utah Code 41-6A-518.2

Juvenile Alcohol Offenses and Driver License Suspension

It is against the law in Utah for:

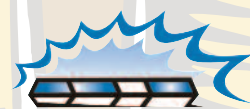
- 1) A minor to purchase, attempt to purchase, solicit another person to purchase, possess, or consume any alcoholic beverage or product. (A minor is a person under 21 years of age.)
- 2) Anyone to sell, offer to sell or otherwise furnish any alcoholic beverage to any minor.
- 3) A minor to misrepresent his/her age or for any other person to misrepresent the minor's age.

Not-A-Drop Law

A ZERO TOLERANCE policy exists for all drivers younger than 21 years of age. Drivers in this age group may not operate a motor vehicle with any measurable amount of alcohol in their bodies.

A first violation of these restrictions results in a 90-day license suspension while a second or subsequent violation within 3 years results in a one-year license suspension. If you are under the age of eligibility for a driver license, you will be denied application for the first 90 days following the date of eligibility.

The laws outlined here pertain primarily to alcohol as it relates to highway safety. For further information about Utah's alcohol laws, visit <http://www.alcbev.state.ut.us/>



DRUNK DRIVING
OVER THE LIMIT. UNDER ARREST.